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WHEN THE SUN DON'T SHINE

CHECK OUT THESE TIPS FOR GETTING THAT ELUSIVE VITAMIN D DURING CANADA'S LONG, DARK WINTERS PAGE 12

Manitobans get creative to stay warm after blast

'We are sorry.' Pipeline executive says company hopes to restore gas by Tuesday, promises to cover losses experienced

Many of the 4,000 residents of southeastern Manitoba affected by a natural gas pipeline explosion proved to be creative and resilient as they entered a third day without heat Monday.

Steve Cope was using an electric fireplace and two portable space heaters to keep his two-storey home in Niverville warm as the temperature outside dipped to nearly -30 C.

"One (heater) we've got actually facing the cold-air return on our furnace, so it's kind of blowing that air into that cold-air return. And we have the fan running on the furnace so it's kind of circulating throughout the house," Cope said.

TransCanada Pipelines vice-president Karl Johannson said the company hoped to have natural gas service restored to everyone by midday Tuesday.

There were no reports of injuries from the fiery blast, but Johannson apologized and promised that the company would cover any direct losses people experienced.

"We are sorry the impact this is created," he said. "We are doing everything we can to restore natural gas services from our pipeline so that your homes and businesses can enjoy the heat that they rely on, especially during this type of cold weather."

The explosion happened at a TransCanada valve site near St. Pierre-Jolys early Saturday. It sent a huge fireball into the sky and forced the temporary evacuation of several nearby roads. Crews isolated the line and the flames were extinguished by Saturday afternoon.

Johannson said the line that ruptured was a 76-centimetre, tar-coated pipe that was installed in the 1960s. Its last thorough inspection was done in 2009 and it was in "very good condition."

Crews were working around the clock to restore gas supplies, but were battling extreme cold. Johannson said there were 100 workers on site and another 200 off site working on the problem. Limited supplies of natural gas were being trucked to critical locations such as personal care homes.

RCMP have said the cause of the explosion is not suspicious. The Transportation Safety Board was investigating.

Johannson said it was too early to say what went wrong.

THE CANADIAN PRESS

More coverage, page 4

TransCanada's Karl Johannson responds to questions at a press conference in Ile des Chenes Monday.
JOHN WOODS/THE CANADIAN PRESS

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NEWS 1

Dead after discharge. Daughter seeks policy change at inquest into mom's death

A woman whose mother died after being sent home in a cab from a Winnipeg hospital — only to collapse on her doorstep — is hoping an upcoming inquest will force hospitals to standardize their discharge policy so vulnerable people aren't sent home alone at night.

Dana Brenan's mother, Heather, died a year ago from a blood clot that had travelled to her lungs. A standing hearing for the inquest into the 68-year-old's death was held Monday, but it could be months before the inquest begins hearing testimony.

The inquest comes as the Winnipeg Regional Health Authority is investigating at least two other cases in which people were sent home from hospital in taxis and died on their doorsteps in the dead of winter.

"Clearly they haven't changed anything, despite assuring the public that they have. That's what this inquest is about," Brenan said. "Clearly there is something wrong with the health-care system in this city, in the province."

Manitoba's chief medical examiner called the inquest last February to figure out the circumstances of Brenan's death and "examine hospital policy regarding the discharge of patients at night, particularly those who are elderly, frail and who reside alone."

The inquest is also charged with investigating whether a shortage of acute-care beds might have been a factor in her death.

The health authority updated its discharge guidelines following Brenan's death, but her daughter said there are still gaps.

Arlene Wilgosh, CEO of the health authority, has said they are concerned about such cases and are "looking to improve our processes so that we can continue to ensure the safety of our patients."

But she said an internal audit called in the wake of Brenan's death found this wasn't a systemic problem.

THE CANADIAN PRESS

With repairs done, St. Boniface hopes to resume surgeries soon

The Winnipeg Regional Health Authority (WRHA) says repairs have been made to the St. Boniface Hospital's air-handling system after a failure shuttered operating rooms last week.

If air tests come back clear of mold, the hospital could be back in the surgical business by Friday.

A fault in the system's circulation pumps caused water to freeze and crack some of the coils used for temperature regulation, leading to leaks that closed 14 operating rooms last Wednesday.

While officials originally worried the closures could go on for weeks, crews found less water damage to the walls and ceilings than expected.

Dr. Brock Wright, president and chief medical officer of the WRHA, estimated over 200 elective and scheduled surgeries will have had to be postponed by Friday but said surgeons will work longer days and even weekends to catch up once the rooms reopen.

WRHA president and chief medical officer Dr. Brock Wright, right, talks to the media. SHANE GIBSON/METRO

"It will require time to deal with the backlog of those cases," he said. "But it will be our priority to try and get those cases done as quickly as possible."

Emergency surgeries are being shifted to the Health Sciences Centre and Grace Hospital, said Wright.

Wright cautioned the hospital's operating rooms could remain closed for another week after this coming Friday if air quality testing shows mould formed during the leaks. SHANE GIBSON/METRO, WITH FILES FROM JOHN TOWNS

Charges laid in Osborne Street Bridge slaying

Motive unclear. Police say seemingly random meeting led to killing

SHANE GIBSON
shane.gibson@metronews.ca

Police have made a quick arrest in the killing of a young local musician over the weekend, but questions remain about what exactly led to the violent attack on the Osborne Street Bridge on Friday.

Mowlid Korane Mohamed, 26, was arrested Sunday and has been charged with second-degree murder in connection with the reported stabbing of Joshua Bentley, 18.

He also faces a charge of attempted murder for an attack that left a 20-year-old man, who was with Bentley at the time, in critical condition. The injured man has since been upgraded to stable condition.

Police said Monday that the suspect and victims, who were not previously known to each other, had both attended a house party in the area before the assault.

Police allege Mohamed and two females left the party shortly before the victims and waited in a vehicle parked just outside.

When the victims and a group of friends left the party, police allege the accused confronted the group, said police spokesperson Const. Jason Michalyshen.

"It does appear ... that the accused in this matter focused on our 18- and 20-year-old (victims)," he said, acknowledging police don't yet know why. "That is a big part of this investigation."

Michalyshen said the accused has a "significant" history with police and has ties to a local street gang.

Neither Bentley nor the other victim had gang connections, according to Michalyshen.

Police are continuing their investigation. Michalyshen didn't rule out the possibility of further arrests.

Police have charged a 26-year-old man with ties to a local street gang in relation to the killing of 18-year-old Joshua Bentley, seen here, on the Osborne Street Bridge on Friday night. COURTESY FACEBOOK

Canada-wide hunt

Warrant out for alleged murderer

A Canada-wide warrant has been issued for an alleged associate of the Manitoba Warriors street gang in connection to Winnipeg's first homicide of 2014.

Justin Desmarais, 24, was found dead on Jan. 19. Police alleged Monday he died as a result of an alter-

Justin Atelard Catcheway CONTRIBUTED

cation with their suspect at a party.

Justin Atelard Catcheway, 30, is wanted for second-degree murder. Police said he could be anywhere in Canada and warn that he is not to be approached. METRO

Aug. 2

Bruno Mars adds 'Peg to world tour

Bruno Mars wants to take Winnipeggers to paradise.

The 2013 Billboard magazine Artist of the Year has added a show at MTS Centre to his Moonshine Jungle World Tour.

Mars and his eight-piece band, the Hooligans, will play Aug. 2. METRO

Bruno Mars accepts the award for best pop vocal album at the Grammys on Sunday. MATT SAYLES/THE ASSOCIATED PRESS

Auschwitz: 69 years after liberation from the Nazis

Survivors, Israeli officials. Ceremony at the Auschwitz-Birkenau memorial marks the notorious camp's liberation

A European Jewish leader condemned anti-Semitism as a crime on Monday as Auschwitz survivors and Israeli officials marked 69 years since the liberation of the Nazi death camp.

The ceremony at the Auschwitz-Birkenau memorial took place on International Holocaust Remembrance Day, established by the United Nations in memory of some six million Holocaust victims, and some 1.5 million victims of Auschwitz, who were mostly Jews.

Some 20 survivors walked through the gate that bares the infamous "Arbeit Macht Frei" (Work Makes You Free) sign and laid a wreath at the former camp's Executions Wall, where the inmates, mainly Polish resistance members, were shot to death.

Half of the Israeli legislature joined the survivors for the observances that included visits to the red brick Auschwitz barracks that house a collection of the victims' belongings and hair. There is also a list of names of Jews who perished.

THE ASSOCIATED PRESS

Quoted

"We must assure our children and future generations that a different world, full of hope and free of fear, can be built."

Yariv Levin, Israeli coalition leader

Holocaust survivors arrive at a ceremony marking the 69th anniversary of the liberation of Auschwitz in Poland on Monday. CZAREK SOKOLOWSKI/THE ASSOCIATED PRESS

Ninety-five-year-old Russian author Daniil Granin at Germany's parliament.
THE ASSOCIATED PRESS

Victims of the siege of Leningrad honoured

German lawmakers have honoured the victims of the Nazi army's three-year siege of Leningrad as part of this year's Holocaust Remembrance Day.

Daniil Granin, a 95-year-old Russian survivor, recounted in a speech to the German Parliament on Monday how thousands of people died of starvation each day during harsh winters in Leningrad, now the Russian city of St. Petersburg.

The siege began in September 1941, three months after Nazi Germany launched Operation Barbarossa against the Soviet Union. About a million Soviet civilians and a similar number of soldiers died before the blockade was broken.

THE ASSOCIATED PRESS

Italy

Italian officials condemn threats against Jews

Italy's president has condemned threats against Rome's Jewish community in recent days, including the delivery of packages containing pig heads, as a "miserable provocation."

President Giorgio Napolitano said Monday during Holocaust Memorial Day commemorations that recent insults to the Jewish community are "comparable only to the repugnant material in those packages."

Police on Monday said they have detained two men, ages 33 and 47, on suspicion of instigating racial hatred through anti-Semitic graffiti, including denial of the Holocaust. Authorities say the men belong to different far-right groups. THE ASSOCIATED PRESS

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TransCanada crews work on a gas pipeline leak that occurred just outside Otterburne, Man., Monday. JOHN WOODS/THE CANADIAN PRESS

Pipeline safety in spotlight in aftermath of explosion

Bad timing. Blast comes as TransCanada tries to assure the public its proposed pipelines are safe

A natural gas pipeline explosion south of Winnipeg came at a bad time for not only the thousands unable to heat their homes during a frigid winter, but for a company that has been working to assure the public its proposed new oil pipelines will be safe.

TransCanada has spent months meeting with communities along the route of its proposed Energy East pipeline, which would rework part of its cross-Canada natural gas mainline to carry oil from west to east. It expects to file a regulatory application this summer.

Meanwhile, TransCanada is also anxiously awaiting a decision from U.S. President Barack Obama on whether its controversial Keystone XL pipeline, which would connect Alberta crude to Texas refineries, can go ahead.

"The company's kind of at a point where they're making a pitch for a brand new project. They're trying to sell people on how safe it is and how efficient it is," said Warren Mabee, director of Queen's University's Institute for Energy and Environmental Policy.

"And here's an explosion right at a time when they want to be showing that they can operate things really safely and really effectively."

The RCMP says the explosion at a valve site near St. Pierre-Jolys was not suspicious.

Company officials said it was too soon to pinpoint a cause but that they hope to have natural gas service restored to all of the 4,000 people affected by midday Tuesday.

The pipeline involved in the blast early Saturday carries natural gas, posing different risks than oil pipelines like Energy East and Keystone XL would. Explosions are less of a concern with oil pipelines, but the environmental impacts from a possible crude spill would be more severe.

The pipe that would be converted for Energy East was not affected by the explosion, though it's in the same general region.

Environmental Defence's Adam Scott, who has been campaigning against Energy East, said he has concerns with TransCanada's safety record.

"I don't know why communities or provinces would trust this company to be safe," he said.

"This just reminds Canadians that this infrastructure is risky, inherently, and they need to be thinking about whether or not they actually want to be building more of this kind of infrastructure."

THE CANADIAN PRESS

Canadian leaves 'thrown together' Sochi

Johnnie Balfour poses in Sochi in a picture posted to his blog. TUMBLR.COM

A Vancouver ski and snowboard course builder has left Russia after a less-than-stellar welcome to the Olympics.

Johnnie Balfour was hired to help shape courses for the 2014 Sochi Games, but decided not to stick around after a few days living in a dirty hotel room, commuting for two hours along flooded streets and questioning whether he'd be paid, according to his blog.

"I for one can't afford to take the gamble and hope that I will be paid. It is just too big of a risk for me," he wrote in a post that went viral.

Aside from the money issues, Balfour doubted whether Sochi would be ready for the Olympics' Feb. 6 start date.

"Nothing is finished here and there are piles of garbage everywhere. Muddy water is pouring off the mountain and flowing through the streets and the cobblestone pavers are all lifting up or disappearing into sinkholes," he wrote.

"This entire place was built in the last few years, it looks nice at first glance but look a little closer and you can see that it was just thrown together."

EMILY JACKSON/METRO IN VANCOUVER

A coffee mug in anti-corruption activist Alexei Navalny's office in Moscow has a portrait of Russian President Vladimir Putin printed on a sticker that says "Thief." Navalny launched a website Monday that shows suspected cost overruns and conflicts of interest at the Sochi Winter Olympics. IVAN SEKRETAREV/THE ASSOCIATED PRESS

Corruption at Sochi games? Nyet, says Putin

Russian roulette.
Website claims Russia spent twice as much as necessary to build 10 of the Olympic venues

An interactive website launched Monday by anti-corruption activist Alexei Navalny paints a vivid picture of suspected cost overruns and conflicts of interest at the Sochi Winter Olympics.

Russia has spent about $51 billion US to deliver the Sochi Olympics, which run Feb. 7-23, making them the most expensive games ever, even though as a winter event it hosts many fewer athletes than summer games do.

Allegations of corruption have dogged preparations for the Sochi Games for years. Navalny's new website — Sochi.FBK.info — combines data gathered during his own investigations along with media reports and other activists' analysis.

Using colourful graphics, the website makes a wide range of data accessible in English and Russian.

President Vladimir Putin has rejected claims about rampant corruption in Sochi, saying the inflated prices were due to the honest mistakes of investors who underestimated the costs.

A 2012 report by the government's Audit Chamber found about 15 billion rubles (about $500 million US) in "unreasonable" cost overruns in the preparations for the Sochi Olympics.

Auditors found that the work of some staff members at Olympstroi, the state company in charge of Sochi construction, between 2008 and 2010 was "conducive to incurring unreasonable cost overruns." At least three criminal investigations against Olympstroi employees have been opened, but none of them has reached court. Olympstroi has since changed its management.

The games were not covered by Russian laws on tenders and procurement, making officials unaccountable for the money spent.

Olympstroi "is even less transparent than companies in (Russia's) state-owned sector, where corruption is rife," said Ivan Ninenko, deputy director of Transparency International in Moscow.

THE ASSOCIATED PRESS

Conflicts of interest

Alexei Navalny's new website lists several Sochi construction projects with evident conflicts of interest.

- The Ice Cube curling stadium was built by a company controlled by businessman Alexander Svishchev, the father of Dmitry Svishchev, president of the Russian curling federation.
- Putin's childhood friend Arkady Rotenberg, through a majority-owned subsidiary, Rotenberg holds nearly 39 per cent of Mostotrest, which amassed a dozen Olympics-related state contracts to build nearly all of the highways in the area.
- Mostotrest's contracts in Sochi amounted to $3.1 billion US, including a $1.6-billion U.S. bypass for Sochi, as well as tunnels, bridges and railroads, the company confirmed.
- Mostotrest won the $1.6-billion U.S. bypass contract after firms owned by tycoons Oleg Deripaska and Roman Abramovich dropped out in 2009. Mostotrest offered to build the road for 59.36 billion rubles, just barely below the maximum state price of 60.9 billion rubles.

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A protester guards the barricades in front of riot police in Kyiv on Monday. EFREM LUKATSKY/THE ASSOCIATED PRESS

Ukraine president offers to scrap anti-protest laws

The government steps back. Eliminating the laws will likely be done in a special parliament session Tuesday

Ukraine's beleaguered president on Monday agreed to scrap harsh anti-protest laws that set off a wave of clashes between protesters and police over the past week, a potentially substantial concession to the opposition that stopped short of meeting all of its demands.

In a possibly major sticking point, a proposed amnesty for arrested protesters would not be offered unless demonstrators stopped occupying buildings and ended their round-the-clock protests and tent camp on Kyiv's central Independence Square, according to a statement by Justice Minister Elena Lukash on the presidential website.

President Viktor Yanukovych has been under increasing pressure since he pushed the tough laws through parliament, setting off clashes and protests in other parts of the country in a sharp escalation of tensions after weeks of mostly peaceful protests over his rejection of a deal to deepen ties with the 28-nation European Union.

At a meeting between top opposition figures and Yanukovych late Monday "a political decision was made on scrapping the laws of Jan. 16, which aroused much discussion," Lukash said.

She made no mention of a key opposition demand — that Yanukovych resign.

One of the opposition figures, Arseniy Yatsenyuk, turned down the prime minister's job, which Yanukovych had offered him on Saturday, the statement said.

Eliminating the laws, which is likely to be done in a special parliament session Tuesday, appears to be a serious step back for the government. The session is also expected to include a discussion of government responsibility in the crisis, suggesting a cabinet reshuffle could be imminent.

THE ASSOCIATED PRESS

Harper's piece

Prime Minister Stephen Harper expressed concern Monday that Ukraine is backsliding toward its communist past under the Soviet Union.

- Harper's remarks represented a dig at Russian President Vladimir Putin, who has been accused of exerting pressure on Ukraine President Viktor Yanukovych to curb his country's overtures to the West.

Syria. Senior figure in al-Qaida-linked group reportedly killed

A senior figure in an al-Qaida-linked group in Syria has been killed in a bloody dispute with rival rebel factions that has raged for more than three weeks across opposition-held parts of the country, activists and an Iraqi intelligence official said Monday.

Heavy fighting between the Islamic State of Iraq and the Levant and rival rebels has left more than 1,400 people dead across northern Syria since Jan. 3. The clashes, which erupted after months of growing resentment against the Islamic State's heavy-handed tactics in the territory under its control, are the most serious among the opponents of Syrian President Bashar Assad since the country's civil war began.

The senior militant, an Iraqi who went by the nom de guerre of Haji Bakr, was killed earlier this month in the town of Tal Rifaat in the northern province of Aleppo, according to the Britain-based Syrian Observatory for Human Rights monitoring group.

That corresponded to reports provided by two activists based in the city of Aleppo, Hassan Kattan and another who spoke on condition of anonymity for security reasons.

THE ASSOCIATED PRESS

Chemical weapons

On Monday, the international mission ridding Syria of its chemical weapons said a second batch has been removed from the country.

- The UN and the Organisation for the Prohibition of Chemical Weapons said the materials were verified before being loaded onto Danish and Norwegian ships and taken out of the country.

Tunisia. Progressive new constitution passed

After decades of dictatorship and two years of arguments and compromises, Tunisians finally have a new constitution laying the foundations for a new democracy.

The document is groundbreaking as one of the most progressive constitutions in the Arab world — and for the fact that it got written at all. It passed late Sunday by 200 votes out of the 216 seats in the assembly of the Muslim Mediterranean country that inspired uprisings across the region after overthrowing a dictator in 2011.

"This constitution, without being perfect, is one of consensus," assembly speaker Mustapha Ben Jaafar said after the vote. "We had today a new rendezvous with history to build a democracy founded on rights and equality."

In a statement, UN Secretary-General Ban Ki-moon said that "Tunisia can be a model to other peoples who are seeking reforms."

THE ASSOCIATED PRESS

Members of the Tunisian National Constituent Assembly celebrate the adoption of the new constitution in Tunis, Tunisia, on Sunday. AIMEN ZINE/THE ASSOCIATED PRESS

Brazil

Many dead, injured after bus-bulldozer crash

Brazilian authorities say 14 people were killed after a passenger bus slammed into a bulldozer that had fallen from a truck transporting it. Police say the accident happened in the northeastern state of Bahia. Local media reports citing hospital officials say at least 21 people were also injured.

THE ASSOCIATED PRESS

Trierweiler

French ex-first lady reappears

In her first public appearance since the French president broke up with her, Valerie Trierweiler bristled Monday when asked about her future during a charity visit to India and said, "Don't worry about me." Trierweiler did not address the scandal directly during a news conference with Action Against Hunger.

THE ASSOCIATED PRESS

Public knowledge

Crime records go online in Sweden

A website that lets Swedes check each other's criminal records has sparked a debate about the privacy of ex-convicts and their right to move on with their lives. Such databases are available in the United States, but aren't common in Europe, where privacy protection laws are typically stricter. By searching the Lexbase database, users can find out if a person has been convicted of a crime in the past five years. THE ASSOCIATED PRESS

Nigeria

Dozens killed in rebel attacks

Suspected Islamic extremists used explosives and heavy guns to attack a village and worshippers during a Christian church service in Nigeria's northeast, killing at least 99 people and razing hundreds of homes, officials and witnesses said Monday. THE ASSOCIATED PRESS

NSA. Spy agencies using apps like Angry Birds to get data: Documents

Documents leaked by former NSA contractor Edward Snowden suggest that spy agencies have a powerful ally in Angry Birds and a host of other apps installed on smartphones across the globe.

The documents, published Monday by The New York Times, The Guardian, and ProPublica, suggest that the mapping, gaming and social networking apps which are a common feature of the world's estimated one billion smartphones can feed America's National Security Agency and Britain's GCHQ with huge amounts of personal data, including location information and details such as political affiliation or sexual orientation.

The size and scope of the program aren't publicly known, but the reports suggest that U.S. and British intelligence easily get routine access to data generated by apps such as Angry Birds or Google Maps.

THE ASSOCIATED PRESS

U.S. Supreme Court

No pay to change clothes: Court

The top U.S. court says steelworkers do not have to be paid for time they spend putting on and taking off protective gear they wear on the job. Workers demanded to be paid. THE ASSOCIATED PRESS

Journalistic cheat

No law licence

The California Supreme Court denied a law licence to a former journalist who was caught fabricating dozens of stories. The court ruled that Stephen Glass, 41, had insufficiently rehabilitated himself.

THE ASSOCIATED PRESS

Netanyahu's son dating a non-Jew from Norway

Israeli PM Benjamin Netanyahu, centre, with his sons Yair, back, and Avner, right. URIEL SINAI/THE ASSOCIATED PRESS FILE

Israel. News causes uproar from religious lawmakers against intermarriage

The love life of Prime Minister Benjamin Netanyahu's son is setting off sparks — in Israeli politics.

News that 23-year-old Yair Netanyahu is dating a statuesque non-Jewish Norwegian university student was not only a juicy item for the gossip pages, it also unleashed an uproar from religious lawmakers opposed to intermarriage and prompted debate over the Jewish state's relationship with the outside world.

'Fanatics'

"They don't like non-Jews.... They are behaving as fanatics everywhere behave."

Said Yossi Sarid, a former Israeli education minister

According to reports in Norwegian media, the Israeli prime minister boasted to his Norwegian counterpart, Erna Solberg, about the relationship during a meeting at the World Economic Forum in Davos last week and informed her that his son recently visited Norway with his girlfriend.

A photo of the smiling couple appeared in Israeli and Norwegian papers. On Monday, the leader of the ultra-Orthodox Shas party said he believed the relationship actually caused Netanyahu and his wife great "heartache." Arieh Deri said the relationship was no mere personal matter because Netanyahu is a "symbol of the Jewish people." Netanyahu's office declined to comment.

THE ASSOCIATED PRESS

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Advocacy groups call out Bell for data collection

Consumer rights. Gathering the watching, clicking and calling of wireless customers who pay for telecom service has led to complaints

Consumer groups are challenging Bell Canada's tracking of how its wireless customers use the web, what they watch on TV and their phone call patterns in order to deliver targeted online advertising.

Bell is going beyond its role as a provider of telecom services, according to the Public Interest Advocacy Centre and the Consumers' Association of Canada.

"What you're paying for is an uninterrupted telecom service, not for an ad-based service supported by behavioural targeting, which is the Facebook-Google model," lawyer John Lawford of the Public Interest Advocacy Centre said Monday.

The consumer groups have filed a complaint with the Canadian Radio-television and Telecommunications Commission, describing the practice as an abuse of privacy. They want Bell to be ordered to stop collecting the data.

The CRTC said it was studying the complaint and wouldn't comment further.

The Office of the Privacy Commissioner of Canada said Monday that it has received more than 150 complaints about Bell's data collection.

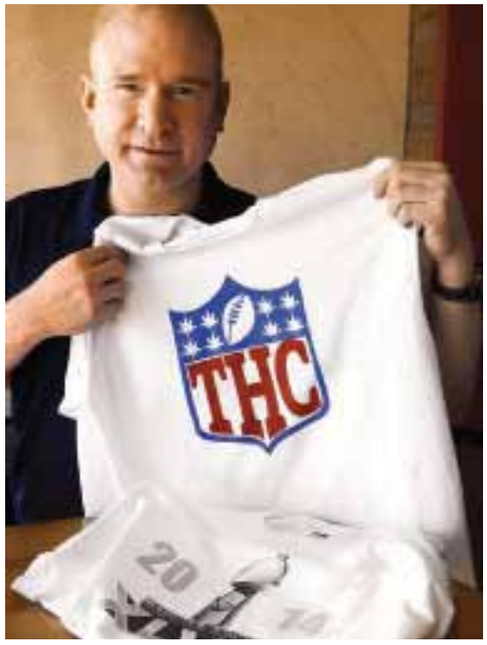
It is investigating whether collecting this data is compliant with the Personal Information Protection and Electronic Documents Act, the federal law which covers the collection, use and disclosure of information in commercial activities.

Bell said its data collection program isn't breaking any federal telecom rules or privacy guidelines and noted that customers can opt out at any time.

THE CANADIAN PRESS

With or without your name

In the U.S., big telecoms Verizon and AT&T also allow their customers to opt out of data sharing, but critics have said that even with personal identities stripped out the information still can be sold to third parties who would get a profile of customers' habits and interests.



Tees, tokes and touchdowns

Bryan Weinman is pictured with Stoner Bowl T-shirts in Denver Friday. Weinman and a few buddies registered the Internet domain www.stonerbowl.org and are using the site to hawk T-shirts and hats celebrating the Stoner Bowl between the Seattle Seahawks and Denver Broncos — the NFL teams from the two states that have legalized pot. THE ASSOCIATED PRESS

Rouge

Air Canada's discount carrier adding routes

Air Canada is adding service to more sun destinations on its low-cost Rouge subsidiary this spring and summer as it continues to transfer older aircraft from its main fleet.

The airline said Monday that it will be adding new routes from Toronto and Montreal. THE CANADIAN PRESS

Silk Road site

2 bitcoin sellers face money-laundering charges

U.S. authorities said Monday they have charged two men with conspiring to commit money laundering by selling more than $1 million in bitcoins to users of the black market website Silk Road.

One of the men arrested is the chief executive officer of BitInstant and vice-chairman of a foundation that promotes the cybercurrency. THE ASSOCIATED PRESS

Market Minute

DOLLAR 89.99¢ (-0.32¢)

TSX 13,582.29 (-135.47)

OIL $95.72 US (-$0.92)

GOLD $1,263.40 US (-$0. 90)

Natural gas: $4.93 US (-$0.22)
Dow Jones: 15,837.88 (-41.23)

SALES REPRESENTATIVE

Who We Are: Metro is Canada's most-read national daily newspaper brand. Metro targets YAMs (youthful, active metropolitans) and reaches more than 1.6 million readers daily and 3.9 million over the course of a week. Metro launched in Canada in Toronto in 2000 and in the spring of 2012, we launched in 6 new cities. In short – we're still growing!

When you join Metro, you become part of a cross-country community. We strive to provide a culture that is engaging, flexible and creative; we value our employees and their feedback. Metro offers a comprehensive compensation and benefit package.

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PRIMARY RESPONSIBILITIES:

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- Excellent networking, organizational and time management skills
- Valid drivers license and a vehicle
- Media sales in real estate, and home-related businesses is an asset

Individuals interested and having the skills described possess the skills described are requested to submit their resumé and cover letter via email to hr@metronews.ca no later than Jan. 31st.

PLEASE QUOTE: "ADVERTISING SALES REPRESENTATIVE – Winnipeg" in the Subject Line. All submissions will be treated as confidential.

metro

Booking.yeah. Travel site goes from Google searches to guffaws with new ads

When Canadian Darren Huston was recruited to join the leadership team at the Priceline Group, he sheepishly had to admit he'd never heard of the biggest company in the group's corporate stable.

That company you've never heard of is Booking.com, a challenger to the likes of Expedia, Orbitz and Travelocity.

A minute-long TV spot titled "Booking.yeah" aims to get the brand name out there.

The ads show anxious travellers preparing to open the doors to their rental properties while an over-the-top voiceover grows increasingly enthusiastic. The ads were designed to make Booking.com more memorable, given much of its business comes through Google searches, not because people are familiar with the company. THE CANADIAN PRESS

Saks latest luxury shop to be lured north

One of Canada's most prominent shopping malls will become a testing ground for luxury retailers after Hudson's Bay announced plans Monday to open a Saks Fifth Avenue department store at the Toronto Eaton Centre.

Saks will be just steps away from Nordstrom, another newcomer taking over part of the soon-to-be vacated Sears store. The two retailers join the growing list of notable U.S. retailers that have opened stores in Canada.

The changes at the Eaton Centre are symbolic of a broader evolution at one of the most popular shopping malls across the country — one that has long been the home of department stores with little flash.

A man leaves the downtown Toronto flagship Hudson's Bay Co. store on Monday. THE CANADIAN PRESS

The move by Cadillac Fairview, owner of the Eaton Centre, to host the two high-end retailers prevents the popular tourist mall from becoming weighed down by stagnant brands.

"This takes a great shopping centre with two mediocre anchors and makes it one with two great anchors," said retail consultant John Williams of the J.C. Williams Group.

"It gives the upscale market retail game a bit of a tilt."

Both Saks and Nordstrom are chasing similar demographics, an upper-middle-class shopper who values both style and quality in fashion.

THE CANADIAN PRESS

THEY'RE JUST NOT INTO YOU

SHE SAYS

Jessica Napier
metronews.ca

While most of us can't imagine going through life without experiencing some form of carnal desire, researchers estimate about one percent of the population — up to 70 million people worldwide — have absolutely no sex drive. Not in a, "No honey, not tonight. I have a headache," kind of way but an ongoing disinterest in sexual behaviour with members of the same or opposite sex.

According to the Asexual Visibility and Education Network, an asexual person is a person who does not experience sexual attraction. Anthony Bogaert, a professor in the psychology department at Brock University, refers to asexuality as the "fourth sexual orientation," distinct from heterosexuality, homosexuality or bisexuality. Like other sexual orientations, asexuality is classified as an intrinsic part of a person's identity and not something that can be turned on or off.

Some couples might lose interest in sexual activity during particular phases in their relationships — following childbirth or while faced with health problems or personal struggles — but these issues are usually a temporary concern rather than an innate and enduring absence of desire. Asexuals do not choose to abstain from sex for religious or moral reasons; it is not the result of some traumatic childhood event or because they haven't found the right person.

For those who identify as asexual, this apathetic attitude toward sex is much more than just a simple dry spell or an empty vow of celibacy following a bad breakup. Many feel confused and isolated as they come to terms with their asexuality in our hyper-sexualized culture. I can imagine it would be hard not to feel like an outsider in a society where people read erotic paperbacks on the bus and talk about sexual positions in graphic detail over brunch.

It's important to remember that sexuality exists on an extremely vast and complicated spectrum. From pansexuals to polyamorous to demiromantics to autosexuals, there exists a veritable alphabet soup of sexual preferences and expressions.

And while different forms of categorization can be helpful in promoting visibility, educating others and developing a sense of community, labelling shouldn't be done for negative or exclusionary purposes.

Sexual desire might be one of our most basic biological instincts, but that doesn't mean we should judge those who choose to have intimacy without intercourse. Accepting sexual diversity means recognizing the many different forms of attraction and giving others the freedom to embody their own sexuality, even if that means not at all.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Hockey, played Down Under

MATT ROBERTS/GETTY IMAGES

Gasp! Not much of a spectator sport

Athletes for Western Australia and Victoria contest for the puck at the 2014 Australian Underwater Hockey Championships on the Gold Coast, Australia. The sport, also known as octopush, was invented in England in the 1950s by a scuba diver as a way of keeping his fellow divers fit and enthused over the winter months. **METRO**

Water world

- **Teams.** Six players a side, with four substitutes each.
- **Gear.** Snorkel, mouthguard, water polo hat with ear guards, mask, fins, stick, and protective gloves.
- **Breath.** Too deep a breath will make you too buoyant.

Clickbait

TAKARA SMALL
takara.small@metronews.ca

This weather may be testing the patience of millions of Canadians from coast-to-coast but that doesn't mean that your style has to suffer. There are a host of apps that are dedicated to helping you stay stylish without leaving your house because, let's admit it, you're probably more likely to cruise online deals than the malls these days.

GETTY IMAGES

@ClothApp:

Use real-time weather data to pull together your outfit for the day. Selflessly snap as many selfies as you want and then choose from a virtual catalogue that pairs your clothes with the weather. Literally the perfect app for rain or shine.

@Stylekick:

Why waste time searching various fashion sites when you can simply snap photos of your wardrobe and then find the right size and style online. With a click of a button you can find clothes that suit your size, which helps a lot since 40 per cent of online purchases are reportedly returned because of bad fit.

Twitter

@metropicks asked: A brew coming to B.C. costs $150/bottle. What freebies would be required for you to buy the beer?

@funkymagee: Probably about forty-nine other bottles.

@MichaelJSealy: Any freebie that I could come up with to justify 150 bones for a Brewski, would have to do with cleavage and be very naughty :-/

@ChrisGoudge1: Three or four 24s would make it worthwhile

@Adrian_Cgy: bag of weed

@Hanksterific: Nothing!

@FrenchmanCanada: at that price it better pour itself

@etihWynoT: I could see spending $150 & sipping it for a special occasion, but at 28% alc. it should come with G2 & Ibuprofen.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: winnipegletters@metronews.ca

metro

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SCENE 2

DVD review

Rush

Director. Ron Howard

Stars. Daniel Brühl, Chris Hemsworth, Olivia Wilde

You'd expect a movie about Formula One racers to cut to the chase, but director Ron Howard takes his time establishing the ego vs. egghead rivalry between 1976 top guns James Hunt (Chris Hemsworth) and Niki Lauda (Daniel Brühl). This is no mere thrill ride by two real-life rival speedsters, although it is certainly that. The film also provides a sobering look at what it takes to be a true champion. When the engines really start, the fact-based story by Peter Morgan (The Queen) locks in. It smoothly shifts gears between involving entertainment and serious drama, seeking to understand the competitive drive to succeed at all costs. The film is highly commercial, but also thoughtful and suspenseful. Do yourself a favour and don't Google the result prior to seeing. Extras include deleted scenes and making-of featurettes.

PETER HOWELL

A Great Big World really do have something to say

Piano pop. Duo has been working together since their days at NYU, but Aguilera's vocals on Say Something changed their lives forever

LINDA LABAN
Metro World News

Ian Axel, left, and Chad Vaccarino are the duo behind A Great Big World. CONTRIBUTED

Singing with superstars and performing with supermodels are just two of the many mind-blowing hookups Ian Axel and Chad Vaccarino experienced last year.

The piano pop duo, known as A Great Big World, performed on The Voice, at the American Music Awards and during the Victoria's Secret lingerie show. However, it was a phone call from Christina Aguilera, asking if she could sing on their song Say Something, that got the ball rolling.

"When we got the call, it was disbelief that went into a panic attack," Axel says.

"I knew what this meant; I knew our lives were changed forever."

Still, it was a hookup eight years earlier, while both were studying in NYU's music business program, that put the 28-year-olds on track to the top of the pop charts. Though A Great Big World's seamless harmonies seem like destiny, the union wouldn't have happened if Axel hadn't literally stalked Vaccarino.

"We were put on the same project and I asked him to listen to my songs," says Axel. "He was like, 'No, I'm too busy, I don't have time for anything else.' He really wanted to practice by himself, but I went to the practice room and looked through all the windows until I found him. I had to be pushy, I had to."

Vaccarino agrees with Axel's assessment: "I was really weirded out by how forceful he was, trying to have my friendship," he says.

The pair both laugh warmly at the recollection. "Then, when he played me his song ideas on piano, I flipped out. Those concerns went out of the window. I was like, 'Oh my God, I'm so stupid! We should be writing together; we should be friends.'"

The pair say that choosing between their original recording of Say Something and the one with Aguilera was just too difficult, so A Great Big World's debut album, Is There Anybody Out There?, which was released in January, includes both cuts.

"I love both versions," says Vaccarino. "I was definitely married to the original, but I love what Christina did: I love that she added this female element. She made the song more universal than it might have been. You have the two parallel male and female worlds, and they don't come together until the end of the song. It's all harmonized except for that last line. It's very dramatic."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Serious slip-ups cast SMH shadow over song awards

MELINDA TAUB
Metro World News

The Grammy Awards would like everyone to know how very, very sorry they are about the death of what's-his-name.

Glee star Cory Monteith, who died last summer, was included in the Grammys' In Memoriam montage of musicians lost in the past year. However, the slideshow spelled his name "Cory Montieth."

Listen, Grammys, I know you're a drunken, long-winded stripper of an awards show, but if you're only going to spell-check one thing — one thing — it should probably be the names of deceased people. Maybe next year, have one fewer fake blood cannon and put that part of the budget toward a proofreader.

Glee isn't the only one with a grievance against the Grammys: Trent Reznor is none to happy with them, either.

Reznor's band Nine Inch Nails gave the awards show's closing performance, along with Queens of the Stone Age, Dave Grohl and Fleetwood Mac's Lindsey Buckingham. Unfortunately, by the end of a four-hour ceremony, not even all that star power could induce people to wait around and listen — the Grammys began to roll the credits during the performance.

Reznor didn't take it lying down. "A heartfelt F— YOU guys," he tweeted.

Prince ALL PHOTOS GETTY IMAGES

This is what it looks like, when Prince sues

Prince is going after some of his fans for posting recordings of some live performances online. According to Radar Online, the singer is suing two California individuals for infringing on his copyright by sharing bootlegs, and he's seeking $1 million US in damages from each of them. "The defendants rely on either Google's Blogger platform or Facebook, or both, to accomplish their unlawful activity," the suit claims, adding that the fans "typically publish posts that list all the songs performed at a certain Prince live show and then provide a link to a file-sharing service where unauthorized copies of the performance can be downloaded." Prince's lawyers say they have found more than 360 such links.

Bey's album is too bootylicious for Michelle

Beyoncé's latest album might be incredibly popular, but at least one of her friends thinks the material's a bit too revealing. Former Destiny's Child band-mate Michelle Williams tells Us Weekly that some of the more graphic songs on the album make for awkward listening experiences. "The makeup artist and everyone was listening to her say these things and I'm like, 'That's private, girl!' We aren't supposed to know all that," Williams says. "But she is married and has produced a baby, and we know what you have to do to produce a baby, so OK!"

Ninety to 95 per cent of the vitamin D in your body comes from sun exposure. ISTOCK

How to get that vitamin D

Can't get enough. Obtaining vitamin D takes some strategies — especially during the winter months

VIRGINIA PELLEY
Metro World News in New York City

You know vitamin D is important for your health, and you've likely read that hardly anyone gets enough of it.

Many studies suggest that maintaining the amount of D recommended by the National Institutes of Health — 30 to 50 nanograms per millilitre in your blood — can help ward off high blood pressure, multiple sclerosis, fibromyalgia, diabetes, depression, some cancers and muscle weakness.

So how do you keep up a healthy level of vitamin D?

The best way is exposure to the sun in warmer months. "Ninety to 95 per cent of the vitamin D in your body comes from sensible sun exposure," Dr. Michael F. Holick, professor of medicine, physiology and biophysics at Boston University School of Medicine, says.

Skin needs to be exposed directly to the sun for your body to make vitamin D. A product with SPF 30 decreases your ability to make vitamin D by 95 per cent. Because dermatologists have been telling us for decades to never expose unprotected skin to the sun's cancer-causing rays, many people are understandably confused about how to get enough vitamin D from sun exposure.

"For some people, it could be 10 minutes, for others it can be 15," says Dr. Houman Danesh, director of integrated pain management at Mt. Sinai in New York City.

How can you get enough vitamin D from the sun during winter? Your body will access the vitamin D in your fat cells, and because most people don't get enough sun to make this crucial vitamin year-round, taking a supplement can also help.

Although the Institute of Medicine recommends 400 to 600 IUs of vitamin D for children and 600 to 800 for adults, Holick recommends 600 to 1,000 for kids, and as much as 2,000 to 4,000 IUs daily for adults. Pregnant and lactating women and the obese need more. Breast milk doesn't contain vitamin D, so Holick says that even breast-feeding infants need a daily supplement.

It's also impossible to get all the vitamin D you need from food. You would need to eat wild-caught salmon and other fatty fish such as mackerel and herring every day to get enough D. Vitamin D is added to many foods, such as milk, juice and cereal, however, and mushrooms can be irradiated with good amounts of vitamin D as well.

Because of conflicting recommendations and research about what vitamin D actually does, "doctors are struggling with who to check, if they should check and when to check vitamin D levels," says Dr. Robert Graham, an internist at Lenox Hill Hospital in New York City. "But I would argue that you need to get tested first to know at what level you are starting with, and figure out how much you need to supplement from there."

Review

Keep track of burned calories with Wii Fit U

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Wii Fit U
Nintendo Wii U
3 ½ Stars
Wii Fit's engaging yoga and aerobics mix is still too reliant on BMI even as it provides excellent balance feedback and, thanks to a new pedometer, calories burned. Be warned, the best dance and game activities now require two controllers.

Did you know...?

Avocados may halt overeating and snacking. Consuming as little as half an avocado during lunch can make an overweight person feel full longer, says a new Loma Linda University health study published in Nutrition Journal. Researchers found a 23 per cent increase in satisfaction and a 28 per cent decreased desire to eat for the following five hours, as compared with the avocado-free controlled lunch meal.

What's the healthiest way to Sesame Street?

Bert and Ernie jump rope and munch apples, and Cookie Monster only has his namesake treat once a week. Can a Muppets mini-makeover improve kids' health, too?

A three-year experiment in South America suggests it can. Now, the Sesame Street project is coming to the United States.

Six years ago, Dr. Valentin Fuster, a cardiologist at New York City's Mount Sinai Hospital, started working with the producers of television's Sesame Street on a project aimed at 3-to-5-year-olds.

"At that age they pay attention to everything" and habits can be changed, he said.

U.S. schools were initially reluctant, but the project launched in Colombia when a wealthy family's foundation was willing to sponsor the experiment in Bogota.

The project, which involved 1,216 children and 928 parents, taught kids healthy habits and about how the body works for an hour a day for five months using Sesame Workshop-produced videos, a board game, songs and activities. Parents were involved through take-home assignments and workshops that focused on overcoming barriers to good food and exercise.

Children's weight and exercise habits were measured at the start, one and a half years, and three years into the program. The proportion of children at a healthy weight increased from 62 per cent at the start to 75 per cent at three years for those in the program.

The project plans to launch this spring and fall in New York.

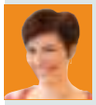
THE ASSOCIATED PRESS

New Muppet Dr. Ruster, centre, with, from left, Grover, Rosita, Elmo, Cookie Monster, Ernie and Bert. SESAME WORKSHOP/JOHN BARRETT/THE ASSOCIATED PRESS

Get your daily dose of dark, leafy greens with Kale and Fig Salad

Health Solutions

Give a fig



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Dried fruit is to be used sparingly because it is quite calorie dense but, boy, does it add a lot!

High in both potassium and fibre, one or two figs make a great treat. To stretch their flavour and benefits without swallowing a calorie bomb, add them to other dishes.

- Chop figs into salads instead of the more typical mandarin oranges or strawberries
- Add to a smoothie for fibre and bulk as well as sweetness
- Cut in half and simmer 1 cup into 1 cup of water to make a fig paste for charcuterie plates
- Chop one into bits and top a pizza with blue cheese
- Add to a savoury rice pilaf with nuts

Anywhere you need little hit of sweetness, figs can contribute much more than their little shrivelled up weight.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

This recipe serves four. COURTESY THERESA ALBERT

THERESA ALBERT
myfriendinfood.com

The secret to preparing kale is to give it a good rinse under running water. Then, hold the rib in one hand and grasp the leaves at the base with the other. Quickly pull your hands in opposite directions to remove the leaves for chopping and discard the stems.

FLASH FOOD

From your fridge to your table in 30 minutes or less

1. Rip or chop kale into bite-sized pieces and place into a large bowl. Drizzle with vinegar and oil. Toss in figs and pumpkin seeds.

2. Toss and let stand at room temperature about one hour before serving. Can be stored in the fridge up to 3 days, covered. It just gets better!

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 1 bunch kale, rinsed, with ribs removed (about 6-7 cups)
- 2 tbsp raspberry balsamic (or other raspberry vinegar)
- 2 tbsp extra virgin olive oil
- 6 mission figs, chopped
- 1/3 cup roasted, salted pumpkin seeds

Blueberries and quinoa give salad a punch

Ingredients

- 1 pound butternut squash, peeled, seeded and cubed
- 4 tbsp olive oil, divided
- 2 cups water
- 1 cup raw quinoa, rinsed well
- 2 tbsp lemon juice
- 3/4 tsp salt
- 1/4 tsp pepper
- 4 green onions, thinly sliced
- 1-1/2 cups Chilean blueberries
- 3 cups baby arugula

Two of nature's superfoods — fresh blueberries and quinoa — team up with butternut squash to create a salad that's packed with protein, bursting with sweet and tangy flavor, and colourful enough to brighten the drab days of winter.

The protein in this salad comes from quinoa — one cup has a full gram more than is found in an egg.

1. Preheat oven to 450°F. In a large bowl, toss squash with 1 tablespoon of the oil. Spread on a rimmed baking sheet; bake until tender, about 22 minutes; let cool.

2. Meanwhile, in a medium saucepan, bring water and quinoa to a boil; simmer for 15-20 minutes. Remove from heat and cover; let stand 5 minutes. Fluff with a fork; cool.

3. In a small bowl whisk together remaining olive oil, lemon juice, salt and pepper; set aside.

5. In a large bowl combine squash, green onions, blueberries, arugula and quinoa. Drizzle with dressing; toss to combine. Serves six.

Quinoa can also be substituted with couscous.

NEWS CANADA/THE U.S. HIGHBUSH BLUEBERRY COUNCIL

This recipe serves six. NEWS CANADA

Suber-sonic Bomber: DB signs new deal

CFL. Import player forgoes free agency to continue patrolling Winnipeg's secondary

Alex Suber is hungry to start another CFL season with the Winnipeg Blue Bombers and wipe away the memory of 2013, one of the worst on record for the team.

"I'm excited just for a new start, just to see where things are going, to bring some kind of tradition back to the team and guys being excited about something new," the defensive back said during a conference call Monday after agreeing to stay with the Bombers rather than go to free agency next month.

Suber is entering his fifth CFL season, all with Winnipeg. He played 18 games last season recording 54 tackles, two interceptions and one fumble recovery, while adding six special-teams tackles.

"He brings an attitude to the field and is a great athlete on both defence and special teams," GM Kyle Walters said in a statement about Suber. "He was a player on our free-agent list we targeted very early on as a guy we wanted back and the organization is very excited to have him wearing the Bomber uniform for the foreseeable future."

Suber says he has already started preparing for the new season, working in the gym in Tampa, where he noted the weather isn't great by Florida standards but it's certainly a lot better than the Canadian Prairies.

The Blue Bombers' Alex Suber intercepts a pass ahead of the Argonauts' Romby Bryant at Investors Group Field on Oct. 19. Suber has re-signed with the Bombers. JOHN WOODS/THE CANADIAN PRESS

Quoted

"He brings an attitude to the field and is a great athlete on both defence and special teams."

Bombers GM Kyle Walters on Alex Suber

He says he wants to show up in good shape after playing through some minor injuries last season.

Suber says he isn't worried that new head coach Mike O'Shea has yet to name a new defensive co-ordinator.

"I think they're slowly working it out and figuring out exactly what they want, not rushing for the fans and the media ... and I appreciate that," he said.

Suber was happy to see announcements that Jason Vega and Bryant Turner are returning to the defence.

With just three wins in 2013, the Bombers tied a modern record for the second-worst season in team history. It cost general manager Joe Mack and coach Tim Burke their jobs.

THE CANADIAN PRESS

Snowboarding

McMorris quite mobile despite broken rib: Father

Olympic gold-medal favourite Mark McMorris is in "great spirits," despite a fall that fractured a rib and nearly derailed his dream.

Don McMorris, the snowboarder's father, says Mark is moving around quite well after the incident during Saturday's slopestyle event at the Winter X Games in Aspen, Colo.

"When we left him (Sunday), he could bend over and touch his toes because of where (the injury) is at," Don McMorris told The Canadian Press on Monday. "You know a cracked rib in the front, you couldn't do that, but where it's at (around the back), he could bend to his toes and could raise his knees up to kind of his chest."

A fractured rib usually takes six weeks to heal, so Mark McMorris won't have time to fully recover before the Games start Feb. 7.

THE CANADIAN PRESS

NHL

Bruins bump Isles off seesaw battle

The line of Patrice Bergeron, Brad Marchand and Reilly Smith combined for three goals and six assists to lead the Boston Bruins to a seesaw 6-3 victory over the New York Islanders on Monday night.

All three linemates scored, and Loui Eriksson, Carl Soderberg and Zdeno Chara added goals as the Bruins avoided a three-game series sweep against the Islanders.

THE ASSOCIATED PRESS

Regina flies flag boosting Seahawks punter

Regina's Jon Ryan will play in Sunday's Super Bowl as the Seahawks' punter. GETTY IMAGES FILE

A flag is now flying at Regina City Hall to support the first Saskatchewan-born player to compete in the Super Bowl.

Punter Jon Ryan will be on the Seattle Seahawks' side of the field when they take on the Denver Broncos in the National Football League championship this weekend.

Regina Mayor Michael Fougere and members of Ryan's family raised the flag in the icy cold Monday morning.

Fougere said it's important to support Ryan in the biggest game of his life.

Quoted

"Through social media, phone calls, texts, he's just felt overwhelmed with the support (he's felt from Saskatchewan)."

Steve Ryan on his brother, Seattle Seahawks punter Jon Ryan

Ryan was born in Regina and played college football for the University of Regina Rams.

He began his professional career with the Winnipeg Blue Bombers of the Canadian Football League.

Ryan's brother, Steve, and his mother, Barb, were among the family members that helped raise the navy-and-white flag Monday. They will also be among 15 family and friends travelling to MetLife Stadium in the New York area.

"I still haven't wrapped my head around the fact that (the Seahawks) are going to be there," said Steve Ryan. "It's going to be incredible."

THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
Don't get discouraged if something you attempt does not work out the way you expected it to – it is still good practice and may even take you in a profitable new direction.

♉ Taurus
April 21 - May 21
You have your sights fixed on certain goals and won't give up until you have reached them. However, cosmic activity in the area of your chart that governs dreams and desires warns you to get your ego out of the way.

♊ Gemini
May 22 - June 21
Make an effort to see things as they are, unclouded by wishful thinking or negative expectations. The planets indicate you can achieve more now than at just about any other time.

♋ Cancer
June 22 - July 23
Your confidence is high and you are intensely ambitious, but the planets warn that someone you think of as a friend is jealous of your success and plotting against you. Watch your back.

♌ Leo
July 24 - Aug. 23
Although you think you know what is going on you would still be wise to wait a day or two before making any major decisions.

♍ Virgo
Aug. 24 - Sept. 23
You need to make a serious effort to sort out your problems with partners and loved ones. You may not want to make the first approach but if you do you won't regret it. Show that you are ready to talk things through.

♎ Libra
Sept. 24 - Oct. 23
Someone in a position of authority will look on you kindly today. What have you done to deserve their support? Who knows, but you would be a fool not to make the most of it.

♏ Scorpio
Oct. 24 - Nov. 22
Anything of a creative nature will go well, but it will go even better if you make an effort to involve loved ones in what you are doing. Don't let others feel left out. Let them help you.

♐ Sagittarius
Nov. 23 - Dec. 21
The Sun in Aquarius makes you more sociable than usual and that's good because other aspects indicate that someone interesting is coming your way.

♑ Capricorn
Dec. 22 - Jan. 20
It may seem as if you are at the mercy of events and all you can do is go with the flow but is that the right sort of attitude? You're a Capricorn. You're supposed to make things happen. Show you have not lost your leadership potential.

♒ Aquarius
Jan. 21 - Feb. 19
It's not like you to be impulsive but you may well throw caution to the wind today. And why not? Tomorrow's Sun-Uranus link suggests you can do no wrong.

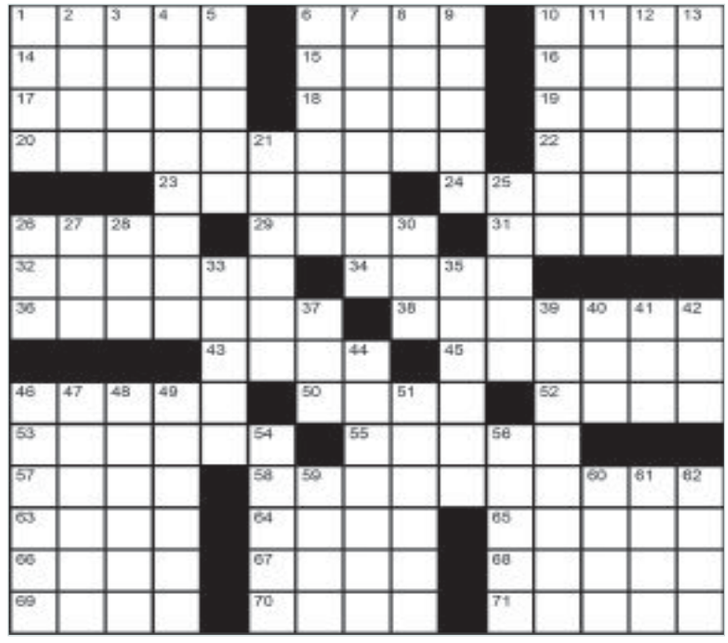
♓ Pisces
Feb. 20 - March 20
This is one of the most important times of the year for you, especially if you are fed-up with who you are and what you are doing and wish to transform your existence. So, who do you want to be and where do you want to be?

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

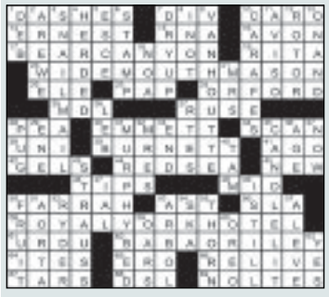
BY KELLY ANN BUCHANAN



Across
1. Squabbles
6. Canned meat
10. Dismal
14. __-on bag
15. Prefix to 'copter'
16. Ms. Olin
17. Once more
18. Designer Mr. von Furstenberg
19. Cdn. competition in 1972
20. Canadian snowboarding great/Olympian, Ross __
22. Honk
23. Polar Bear snacks
24. Odour-ous
26. Some cars
29. 'M' of Canadian writer L.M. Montgomery
31. Beneath
32. Opera legend Mr. Caruso
34. Has tea elegantly
36. Halifax: Mount Saint __ University
38. One of a cute "Star Trek" alien species
43. Just _ __ on the map
45. Bark (as of trees) in French
46. Thick tablets
50. "Star Trek: Deep Space Nine" character
52. Sure signs?
53. Environment
55. "Giant" (1956) ranch
57. Bodily structure, for short
58. Supported the vocalist: 2 wds.
63. Just in case...
64. __ d'Orsay, in Paris
65. Jargon
66. "General Hospital" role
67. Reverse
68. Small hill
69. Attention __
70. Collar type
71. Female fortune-teller of ancient times

Down
1. Boo-boo in Al Pacino's 1983 flick
2. Book leaf side
3. 'A' in UAE
4. Mesozoic Era's first period
5. J.M. __ (Irish playwright)
6. 1962 Tommy Roe tune
7. Winged horse
8. Bunches: 2 wds.
9. Cooper cars
10. __-free bread
11. Flipped the house
12. Footwear accessory
13. Self-sacrificer
21. Kingston-born Celtic singer, Mary Jane __
25. Billboard's concern
26. Mr. Bacon, to pals
27. Pasta suffix, often
28. Prince Valiant's son
30. 'Said' in Sherbrooke
33. Discontinue
35. Ready-made, commonly
37. Pull along
39. Michael __ ("Cityline" chef, a Judge on "MasterChef Canada")
40. William to Harry, for short
41. TV kind
42. Mr. cummings of poetry, et al.
44. Twister
46. The __ (Speed metal band Canadian country star Corb Lund was in)
47. Baseball order to bat
48. 1960 film for Canadian actor John Qualen, "North to __"
49. Werewolf series on Space
51. Part
54. From Sea to Sea: 'A Mari __ ad Mare', Canada's motto
56. Converses

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	6		2		7		8	
7								6
		2	4		5	3		
	2		7	1	3		9	
	9						4	
	7		6	9	4		2	
		6	5		8	1		
4								2
	1		9		6		3	

Yesterday's Sudoku

8	2	1	3	7	9	4	6	5
7	6	3	4	1	5	9	2	8
4	9	5	6	8	2	7	1	3
6	3	2	8	9	7	1	5	4
5	8	7	1	4	6	3	9	2
9	1	4	2	5	3	8	7	6
3	4	6	7	2	1	5	8	9
1	5	8	9	6	4	2	3	7
2	7	9	5	3	8	6	4	1

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: -20° MIN: -21°	MAX: -14° MIN: -22°	MAX: -19° MIN: -27°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**

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RED RIVER COLLEGE

AS SEEN ON WINDCITY.TV

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Watch the show and follow the campaign at www.windcity.tv

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2 Tweet your photo of you and SAM and include the hashtag #windcitytv
3 Follow @RRC
ENTER TODAY TO WIN A VIP DINNER FOR FOUR AT JANE'S RESTAURANT!
The winner will be announced on February 28, 2014
RRC